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(54) COMPOSITION COMPRISING THEANINE

(57) The present invention relates to a composition for suppressing or ameliorating a symptom accompanying diminished homeostasis, comprising theanine; and a mineral composition comprising theanine and a mineral. According to the present invention, there can be provided a composition for suppressing or ameliorating the above symptoms; and a mineral composition having a reduced peculiar metal taste, of which administration is made easily.

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